

2023 下

我是瑞斯拜四级

四六级我只看瑞斯拜

Stay hungry, Stay foolish



阅读

课程观看 B 站：我是瑞斯拜



请打印听课

All Copyrights reserved

写在前面

各位亲爱的同学，四级考试词汇量要求是 4200-4500 左右，但是即使你把所有的大纲词汇都记住了，你还是会遇到生词，这很正常。我在之前学习英语的时候，每每遇到生词就会记中文意思在旁边，积累的单词多了可以用英文来记新单词的含义。久而久之遇到的次数多了单词就记住了。我在课堂上会在讲到阅读的方法，但是这些方法都是基于单词的基础的。所以请大家一定要重视单词，勤动手记笔记。笔记不用单独准备笔记本，记在讲义上就行。

如果你词汇量低，可以先刷一刷词汇课 35 讲。再来听课会轻松得多。

阅读部分在英语四级考试中分为三个题型

SectionA 选词填空-这个题 10 个题只占 5%的分数，我们最后来冲刺 5 篇。

SectionB 长篇阅读-段落匹配 10 道题 10%的分数，学会方法较为简单，在课程上会讲系统的做题方法。由于页数较多不建议全部打印，讲义中仅展示一篇。大家需要刷题可以按照自己的需求打印。

SectionC 仔细阅读 10 道题 占 20%的分数，我们的课程是这个部分为主。

做题顺序：先做 sectionC，再做翻译，再做 sectionB，最后 SectionA

TEXT1

Textbooks represent an 11 billion dollar industry, up from \$8 billion in 2014. Textbook publisher Pearson is the largest publisher—of any kind—in the world

It costs about \$1 million to create a new textbook. A freshman textbook will have dozens of contributors, from subject-matter experts through graphic and layout artists to expert reviewers and classroom testers. Textbook publishers connect professors, instructors and students in ways that alternatives, such as open e-textbooks and open educational resources, simply do not. This connection happens not only by means of collaborative development, review and testing, but also at conferences where faculty regularly decide on their textbooks and curricula for the coming year.

It is true that textbook publishers have recently reported losses, largely due to students renting or buying used print textbooks. But this can be chalked up to the excessively high cost of their books which has increased over 1,000 percent since 1977. A restructuring of the textbook industry may well be in order. But this does not mean the end of the textbook itself.

While they may not be as dynamic as an iPad, textbooks are not passive or lifeless. For example, over the centuries, they have simulated (模拟) dialogues in a number of ways. From 1800 to the present day, textbooks have done this by posing questions for students to answer inductively (归纳性地). That means students are asked to use their individual experience to come up with answers to general questions. Today's psychology texts, for example, ask: "How much of your personality do you think you inherited?" while ones in physics say: "How can you predict where the ball you tossed will land?"

Experts observe that "textbooks come in layers, something like an onion." For an active learner aging with a textbook can be an interactive experience. Readers proceed at their own pace. They "customize" their books by engaging with different layers and linkages. Highlighting, Post-It notes, dog-ears and other techniques allow for further customization that students value in print books over digital forms of books.

46. What does the passage say about open educational resources?

- A) They contribute to teaching as much as to learning.
- B) They don't profit as much as traditional textbooks do.
- C) They can't connect professors and students as textbooks do.
- D) They compete fiercely for customers with textbook producers.

47. What is the main cause of the publishers' losses?

- A) Failure to meet student need.
- B) Industry restructuring.
- C) Emergence of e-books.
- D) Falling sales.

48. What does the textbook industry need to do?

- A) Reform its structures.
- B) Cut its retail prices.
- C) Find replacements for printed text books.
- D) Change its business strategy periodically.

49. What are students expected to do in the learning process?

- A) Think carefully before answering each question.
- B) Ask questions based on their own understanding.
- C) Answer questions using their personal experience.
- D) Give answers showing their respective personality.

50. What do experts say about students using textbooks?

- A) They can digitalize the prints easily.
- B) They can learn in an interactive way.
- C) They can purchase customized versions.
- D) They can adapt the material themselves.

阅读答案：CDACB

词汇拓展: 请将文中生词整理誊写至下面区域

[illegible]

随写区

TEXT2

when we think of animals and plants, we have a pretty good way of dividing them into two distinct groups: one converts sunlight into energy and the other has to eat food to make its energy.

Well, those dividing lines come crashing down with the discovery of a sea slug (海蛞) that's truly half animal and half plant. It's pretty incredible how it has managed to hijack the genes of the algae (藻类) on which it feeds.

The slugs can manufacture chlorophyll, the green pigment (色素) in plants that captures energy from sunlight, and hold these genes within their body. The term kleptoplasty is used to describe the practice of using hijacked genes to create nutrients from sunlight. And so far, this green sea slug is the only known animal that can be truly considered solar-powered, although some animals do exhibit some plant-like behaviors. Many scientists have studied the green sea slugs to confirm that they are actually able to create energy from sunlight.

In fact, the slugs use the genetic material so well that they pass it on to their future generations. Their babies retain the ability to produce their own chlorophyll, though they can't generate energy from sunlight until they've eaten enough algae to steal the necessary genes, which they can't yet produce on their own.

"There's no way on earth that genes from an alga should work inside an animal cell," says Sidney Pierce from the University of South Florida. "And yet here, they do. They allow the animal to rely on sunshine for its nutrition. So if something happens to their food source, they have a way of not starving to death until they find more algae to eat.

"The sea slugs are so good at gathering energy from the sun that they can live up to nine months without having to eat any food. They get all their nutritional needs met by the genes that they've hijacked from the algae.

51.What is the distinctive feature of a sea slug?

- A) It looks like both a plant and an animal.
- B) It converts some sea animals into plants.
- C) It lives half on animals and half on plants.
- D) It gets energy from both food and sunlight.

52.What enables the sea slug to live like a plant?

- A)The genes it captures from the sea plant algae.
- B) The mechanism by which it conserves energy.
- C) The nutrients it hijacks from other species.
- D) The green pigment it inherits from its ancestors.

53. What does the author say about baby sea slugs?

- A) They can live without sunlight for a long time.
- B) They can absorb sunlight right after their birth.
- C) They can survive without algae for quite some time.
- D) They can produce chlorophyll on their own.

54. What does Sidney Pierce say about genes from an alga?

- A) They are stolen from animals like the sea slug.
- B) They can't function unless exposed to sunlight.
- C) They don't usually function inside animal cells.
- D) They can readily be converted to sea slug genes.

55. What do we learn about sea slugs from the passage?

- A) They behave the way most plant species do.
- B) They can survive for months without eating.
- C) They will turn into plants when they mature.
- D) They will starve to death without sunlight.

阅读答案：DADCB

词汇拓展：请将文中生词整理誊写至下面区域

[illegible]

随写区

TEXT3

The fifth largest city in the US passed a significant soda tax proposal that will levy(征税) 1.5 cents per liquid ounce on distributors.

Philadelphia's new measure was approved by a 13 to 4 city council vote. It sets a new bar for similar initiatives across the country. It is proof that taxes on sugary drinks can win substantial support outside super liberal areas. Until now, the only city to successfully pass and implement a soda tax was Berkeley, California, in 2014

The tax will apply to regular and diet sodas, as well as other drinks with added sugar, such as Gatorade and iced teas. It's expected to raise \$410 million over the next five years, most of which will go toward funding a universal pre-kindergarten program for the city.

While the city council vote was met with applause inside the council room, opponents to the measure, including soda lobbyists, made sharp criticisms and a promise to challenge the tax in court.

"The tax passed today unfairly singles out beverages-including low-and no-calorie choices," said Lauren Kane, spokeswoman for the American Beverage Association. "But most importantly, it is against the law. So we will side with the majority of the people of Philadelphia who oppose this tax and take legal action to stop it."

An industry-backed anti-tax campaign has spent at least \$4 million on advertisements. The ads criticized the measure, characterizing it as a "grocery tax."

Public health groups applauded the approved tax as a step toward fixing certain lasting health issues that plague Americans. "The move to recapture a small part of the profits from an industry that pushes a product that contributes to diabetes, obesity and heart disease in poorer communities in order to reinvest in those communities will sure be inspirational to many other places," said Jim Krieger, executive director of Healthy Food America. "Indeed, we are already hearing from some of them. It's not 'just Berkeley' anymore."

Similar measures in California's Albany, Oakland, San Francisco and Colorado's Boulder are becoming hotbutton issues. Health advocacy groups have hinted that even more might be coming.

46.What does the passage say about the newly-approved soda tax in Philadelphia?

- A)It will change the lifestyle of many consumers.
- B) It may encourage other US cities to follow suit.
- C) It will cut soda consumption among low-income communities.
- D) It may influence the marketing strategies of the soda business.

47.What will the opponents probably do to respond to the soda tax proposal?

- A)Bargain with the city council.
- B) Refuse to pay additional tax.
- C) Take legal action against it.
- D) Try to win public support.

48. What did the industry-backed anti-tax campaign do about the soda tax proposal?

- A) It tried to arouse hostile feelings among consumers.
- B) It tried to win grocers' support against the measure.
- C) It kept sending letters of protest to the media.
- D) It criticized the measure through advertising.

49.What did public health groups think the soda tax would do?

- A) Alert people to the risk of sugar-induced diseases.
- B)Help people to fix certain long-time health issues
- C) Add to the fund for their research on diseases.
- D)Benefit low-income people across the country.

50.What do we learn about similar measures concerning the soda tax in some other cities?

- A) They are becoming rather sensitive issues.
- B) They are spreading panic in the soda industry.
- C) They are reducing the incidence of sugar-induced diseases.
- D) They are taking away a lot of profit from the soda industry.

阅读答案： BBDBA

词汇拓展：请将文中生词整理誊写至下面区域

[illegible]

随写区

TEXT4

Popping food into the microwave for a couple of minutes may seem utterly harmless, but Europe's stock of these quick-cooking ovens emit as much carbon as nearly 7 million cars, a new study has found. And the problem- 4is growing. With costs falling and kitchen appliances becoming "status" items, owners are throwing away microwaves after an average of eight years. This is pushing sales of new microwaves which are expected to reach 135 million annually in the EU by the end of the decade.

A study by the University of Manchester calculated the emissions of CO₂-the main greenhouse gas responsible for climate change—at every stage of microwaves, from manufacture to waste disposal. "It is electricity consumption by microwaves that has the biggest impact on the environment," say the authors. The authors also calculate that the emissions from using 19 microwaves over a year are the same as those from using a car. According to the same study, efforts to reduce consumption should focus on improving consumer awareness and behaviour. For example, consumers could use appliances in a more efficient way by adjusting the time of cooking to the type of food.

However, David Reay, professor of carbon management, argues that, although microwaves use a great deal of energy, their emissions are minor compared to those from cars. In the UK alone, there are around 30 million cars. These cars emit more than all the microwaves in the EU. Backing this up, recent data show that passenger cars in the UK emitted 69 million tons of CO₂ in 2015. This is 10 times the amount this new microwave oven study estimates for annual emissions for all the microwave ovens in the EU. Further, the energy used by microwaves is lower than any other form of cooking. Among common kitchen appliances used for cooking, microwaves are the most energy efficient, followed by a stove and finally a standard oven. Thus, rising microwave sales could be seen as a positive thing

51.What is the finding of the new study?

- A) Quick-cooking microwave ovens have become more popular.
- B) The frequent use of microwaves may do harm to our health.
- C) CO₂ emissions constitute a major threat to the environment.
- D) The use of microwaves emits more CO₂ than people think.

52.Why are the sales of microwaves expected to rise?

- A) They are becoming more affordable.
- B) They have a shorter life cycle than other appliances.
- C) They are getting much easier to operate.
- D) They take less time to cook than other appliances.

53.What recommendation does the study by the University of Manchester make?

- A) Cooking food of different varieties.
- B) Improving microwave users' habits.
- C) Eating less to cut energy consumption
- D) Using microwave ovens less frequently.

54.What does Professor David Reay try to argue?

- A) There are far more emissions from cars than from microwaves.
- B) People should be persuaded into using passenger cars less often.
- C) The UK produces less CO₂ than many other countries in the EU.
- D) More data are needed to show whether microwaves are harmful.

55.What does Professor David Reay think of the use of microwaves?

- A) It will become less popular in the coming decades.
- B) It makes everyday cooking much more convenient,
- C) It plays a positive role in environmental protection.
- D) It consumes more power than conventional cooking.

阅读答案: DABAC

词汇拓展：请将文中生词整理誊写至下面区域

[illegible]

随写区

TEXT5

The wallet is heading for extinction. As a day-to-day essential, it will die off with the generation who read print newspapers. The kind of shopping — where you hand over notes and count out change in return-now happens only in the most minor of our retail encounters, like buying a bar of chocolate or a pint of milk, from a corner shop. At the shops where you spend any real money, that money is increasingly abstracted. And this is more and more true, the higher up the scale you go. At the most cutting-edge retail stores-Victoria Beckham on Dover Street, for instance-you don't go and stand at any kind of cash register, when you decide to pay. The staff are equipped with iPad to take your payment while you relax on a sofa.

Which is nothing more or less than excellent service, if you have the money. But across society, the abstraction of the idea of cash makes me uneasy. Maybe I'm just old-fashioned. But earning money isn't quick or easy for most of us. Isn't it a bit weird that spending it should happen in half a blink (眨眼) of an eye? Doesn't a wallet-that time-honoured Friday-night feeling of pleasing, promising fatness-represent something that matters?

But I'll leave the economics to the experts. What bothers me about the death of the wallet is the change it represents in our physical environment. Everything about the look and feel of a wallet—the way the fastenings and materials wear and tear and loosen with age, the plastic and paper and gold and silver, and handwritten phone numbers and printed cinema tickets-is the very opposite of what our world is becoming. The opposite of a wallet is a smartphone or an iPad. The rounded edges, cool glass, smooth and unknowable as a pebble (鹅卵石). Instead of digging through pieces of paper and peering into corners, we move our fingers left and right. No more counting out coins. Show your wallet, if you still have one. It may not be here much longer.

What is happening to the wallet?

- A) It is disappearing.
- B) It is being fattened.
- C) It is becoming costly.
- D) It is changing in style.

47. How are business transactions done in big modern stores?

- A) Individually
- B) Electronically.
- C) In the abstract.
- D) Via a cash register.

48. What makes the author feel uncomfortable nowadays?

- A) Saving money is becoming a thing of the past.
- B) The pleasing Friday-night feeling is fading.
- C) Earning money is getting more difficult.
- D) Spending money is so fast and easy.

49. Why does the author choose to write about what's happening to the wallet?

- A) It represents a change in the modern world
- B) It has something to do with everybody's life.
- C) It marks the end of a time-honoured tradition.
- D) It is the concern of contemporary economists.

50. What can we infer from the passage about the author?

- A) He is resistant to social changes.
- B) He is against technological progress.
- C) He feels reluctant to part with the traditional wallet.
- D) He feels insecure in the ever-changing modern world.

阅读答案: ABDAC

词汇拓展：请将文中生词整理誊写至下面区域

[illegible]

随写区

TEXT6

It's late in the evening: time to close the book and turn off the computer. You're done for the day. What you may not realize, however, is that the learning process actually continues-in your dreams.

It might sound like science fiction, but researchers are increasingly focusing on the relationship between the knowledge and skills our brains absorb during the day and the fragmented, often bizarre imaginings they generate at night. Scientists have found that dreaming about a task we've learned is associated with improved performance in that activity (suggesting that there's some truth to the popular notion that we're "getting" a foreign language once we begin dreaming in it). What's more, researchers are coming to recognize that dreaming is an essential part of understanding, organizing and retaining what we learn.

While we sleep, research indicates, the brain replays the patterns of activity it experienced during waking hours, allowing us to enter what one psychologist calls a neural (神经的) virtual reality. A vivid example of such replay can be seen in a video researchers made recently about sleep disorders. They taught a series of dance moves to a group of patients with conditions like sleepwalking, in which the sleeper engages in the kind physical movement that does not normally occur during sleep. They then videotaped the subjects as they slept. Lying in bed, eyes closed, one female patient on the tape performs the dance moves she learned earlier.

This shows that while our bodies are at rest, our brains are drawing what's important from the information and events we've recently encountered, then integrating that data into the vast store of what we already know. In a 2010 study, researchers at Harvard Medical School reported that college students who dreamed about a computer maze (迷宫) task they had learned showed a 10-fold improvement in their ability to find their way through the maze compared with participants who did not dream about the task.

Robert Stickgold, one of the Harvard researchers, suggests that studying right before bedtime or taking a nap following a study session in the afternoon might increase the odds of dreaming about the material. Think about that as your head hits the pillow tonight.

51.What is scientists' finding about dreaming?

- A) It involves disconnected, weird images.
- B)It resembles fragments of science fiction.
- C)Dreaming about a learned task betters its performance.
- D)Dreaming about things being learned disturbs one's sleep.

52.What happens when one enters a dream state?

- A)The body continues to act as if the sleeper were awake.
- B)The neural activity of the brain will become intensified.
- C)The brain behaves as if it were playing a virtual reality video game.
- D)The brain once again experiences the learning activities of the day.

53.What does the brain do while we are sleeping?

- A)It systematizes all the data collected during the day.
- B)It substitutes old information with new data.
- C)It processes and absorbs newly acquired data.
- D)It classifies information and places it in different files.

54.What does Robert Stickgold suggest about enhancing learning?

- A)Having a little sleep after studying in the day.
- B) Staying up late before going to bed.
- C) Having a dream about anything.
- D) Thinking about the odds of dreaming about the material.

55. What can be inferred about dreaming from the passage?

- A) We may enhance our learning through dreaming.
- B) Dreaming improves your language ability.
- C) All sleepwalkers perform dance moves when they are sleeping.
- D) Taking a nap after learning can help you find the way through the maze.

阅读答案：CDCAA

词汇拓展：请将文中生词整理誊写至下面区域

[illegible]

随写区

TEXT7

Americans spend billions of dollars each year trying to change their weight with diets, gym memberships and plastic surgery.

Trying to live up to the images of "perfect" models and movie heroes has a dark side: anxiety, depression, as well as unhealthy strategies for weight loss or muscle gain. It also has a financial cost. Having an eating disorder boosts annual health care costs by nearly US \$ 2,000 per person.

Why is there both external and internal pressure to look "perfect"? One reason is that society rewards people who are thin and healthy-looking. Researchers have shown that body mass index is related to wages and income. Especially for women, there is a clear penalty at work for being overweight or obese. Some studies have also found an impact for men, though a less noticeable one.

While the research literature is clear that labor market success is partly based on how employers and customers perceive your body image, no one had explored the other side of the question. Does a person's own perception of body image matter to earnings and other indicators of success in the workplace?

Our recently published study answered this question by tracking a large national random sample of Americans over a critical time period when bodies change from teenage shape into adult form and when people build their identities.

As in other research, women in our sample tend to over-perceive their weight they think they're heavier than they are while men tend to under-perceive theirs.

We found no relationship between the average person's self-perception of weight and labor market outcomes, although self-perceived weight can influence self-esteem (自尊心), mental health and health behaviors.

While the continued gender penalty in the labor market is frustrating, our finding that misperceived weight does not harm workers is more heartening.

Since employers' perception of weight is what matters in the labor market, changing discrimination laws to include body type as a category would help. Michigan is the only state that prohibits discrimination on the basis of weight and height. We believe expanding such protections would make the labor market more fair and efficient.

46.What does the author say may have an adverse impact on people?

- A)Undergoing plastic surgeries in pursuit of beauty.
- B)Imitating the lifestyles of heroes and role models.
- C)Striving to achieve perfection regardless of financial cost.
- D)Attempting to meet society's expectation of appearance.

47.What have researchers found out about people's earnings?

- A)They are closely related to people's social status.
- B)They have to do with people's body weight and shape.
- C)They seem to matter much less to men than to women.
- D)They may not be equal to people's contributions.

48.What does the author's recent study focus on?

- A)Previous literature on indicators of competitiveness in the workplace.
- B)Traits that matter most in one's pursuit of success in the labor market.
- C)Whether self-perception of body image impacts one's workplace success.
- D)How bosses' perception of body image impacts employees' advancement.

49.What is the finding of the author's recent research?

- A)Being overweight actually does not do much harm to the overall well-being of employees.
- B)People are not adversely affected in the workplace by false self-perception of body weight.
- C)Self-esteem helps to combat gender inequality in the workplace.
- D)Gender inequality continues to frustrate a lot of female employees.

50.What does the author think would help improve the situation in the labor market?

- A)Banning discrimination on the basis of employees' body image.
- B)Expanding protection of women against gender discrimination.
- C)Helping employees change their own perception of beauty.
- D) Excluding body shape as a category in the labor contract.

阅读答案：DBCBA

词汇拓展: 请将文中生词整理誊写至下面区域

[illegible]

随写区

TEXT8

The work-life balance is dead. By this, I'm not advocating that you should give up your pursuit of having a fulfilling career and a thriving personal life, and I'm definitely not saying that you have to give up one to have the other. I also acknowledge that we have a work-life problem, but I'm arguing that the concept of balance has never been helpful, because it's too limiting. You see, our language makes a difference, and how we refer to things matters because it affects our thinking and therefore our actions.

At the minimum, most of us work because we want to be able to support ourselves, our families, and the people around us. In the ideal world, we're all doing work that we're proud of and that provides meaning and purpose to us. But even if your job doesn't give you shivers of joy each new day, working is a part of what each of us does and the contribution we make to society. When you separate work and life, it's a little bit harder to make that connection. But when you think of work as part of a full life and a complete experience, it becomes easier to see that success in one aspect often supports another.

Losing your balance and falling isn't pleasant. A goal to balance suggests that things could quickly get off balance, and that causes terrible outcomes. It's more constructive to think of solutions that continue to evolve over shifts in life and work. Rather than falling or failing, you may have good days or better days or not-so-good days. These variations are normal, and it's more useful to think of life as something that is ever evolving and changing, rather than a high-risk enterprise where things could go wrong with one misstep.

How we talk to ourselves matters, and how we talk about issues makes a difference. Let's bury "work-life balance" and think bigger and better about work-life fulfillment to do a little less balancing and a lot more living.

51.What does the author suggest by saying "The work-life balance is dead"?

- A)The hope of achieving a thriving life is impossible to realize.
- B)The pursuit of a fulfilling career involves personal sacrifice.
- C)The imbalance between work and life simply doesn't exist anymore.
- D)The concept of work-life balance contributes little to a fulfilling life.

52.What does the author say about our use of language?

- A)It impacts how we think and behave.
- B)It reflects how we communicate.
- C)It changes with the passage of time.
- D)It differs from person to person.

53. What does the author say we do in an ideal world?

- A) We do work that betters the lives of our families and friends.
- B) We do work that gives us bursts of joy each new day.
- C) We do meaningful work that contributes to society.
- D) We do demanding work that brings our capacity into full play.

54. What does the author say about life?

- A) It is cyclical.
- B) It is dynamic.
- C) It is fulfilling.
- D) It is risky.

55. What does the author advise us to

do?

- A) Make life as simple as possible.
- B) Talk about balance in simpler terms.
- C) Balance life and work in a new way.
- D) Strive for a more fulfilling life.

阅读答案: DACBD

词汇拓展: 请将文中生词整理誊写至下面区域

[illegible]

随写区

TEXT9

The phrase almost completes itself: midlife crisis. It's the stage in the middle of the journey when people feel youth vanishing, their prospects narrowing and death approaching.

There's only one problem with the cliché (套话). It isn't true.

"In fact, there is almost no hard evidence for midlife crisis other than a few small pilot studies conducted decades ago," Barbara Hagerty writes in her new book, *Life Reimagined*. The vast bulk of the research shows that there may be a pause, or a shifting of gears in the 40s or 50s, but this shift "can be exciting, rather than terrifying".

Barbara Hagerty looks at some of the features of people who turn midlife into a rebirth. They break routines, because "autopilot is death". They choose purpose over happiness — having a clear sense of purpose even reduces the risk of Alzheimer's disease. They give priority to relationships, as careers often recede (逐渐淡化).

Life Reimagined paints a picture of middle age that is far from gloomy. Midlife seems like the second big phase of decision-making. Your identity has been formed; you've built up your resources; and now you have the chance to take the big risks precisely because your foundation is already secure.

Karl Barth described midlife precisely this way. At middle age, he wrote, "the sowing is behind; now is the time to reap. The run has been taken; now is the time to leap. Preparation has been made; now is the time for the venture of the work itself."

The middle-aged person, Barth continued, can see death in the distance, but moves with a "measured haste" to get big new things done while there is still time.

What Barth wrote decades ago is even truer today. People are healthy and energetic longer. We have presidential candidates running for their first term in office at age 68, 69 and 74. A longer lifespan is changing the narrative structure of life itself. What could have been considered the beginning of a descent is now a potential turning point—the turning point you are most equipped to take full advantage of.

46.What does the author think of the phrase “midlife crisis”?

- A) It has led to a lot of debate.
- B) It is widely acknowledged.
- C) It is no longer fashionable.
- D) It misrepresents real life.

47.How does Barbara Hagerty view midlife?

- A) It may be the beginning of a crisis.
- B) It can be a new phase of one’s life.
- C) It can be terrifying for the unprepared.
- D)It may see old-age diseases approaching.

48.How is midlife pictured in the book Life Reimagined?

- A) It can be quite rosy.
- B) It can be burdensome.
- C) It undergoes radical transformation.
- D) It makes for the best part of one’s life.

49.According to Karl Barth, midlife is the time_____.

- A) to relax
- B) to mature
- C) to harvest
- D) to reflect

50.What does the author say about midlife today?

- A) It is more meaningful than other stages of life.
- B) It is likely to change the narrative of one’s life,
- C) It is more important to those with a longer lifespan.
- D)It is likely to be a critical turning point in one’s life.

阅读答案：DBCBD

词汇拓展：

请将文中生词整理誊写至词汇拓展区

词汇拓展		
生词	文中搭配	中文释义
随写区		

TEXT10

In spring, chickens start laying again, bringing a welcome source of protein at winter's end. So it's no surprise that cultures around the world celebrate spring by honoring the egg.

Some traditions are simple, like the red eggs that get baked into Greek Easter breads. Others elevate the egg into a fancy art, like the heavily jewel-covered "eggs" that were favored by the Russians starting in the 19th century.

One ancient form of egg art comes to us from Ukraine. For centuries, Ukrainians have been drawing complicated patterns on eggs. Contemporary artists have followed this tradition to create eggs that speak to the anxieties of our age: Life is precious, and delicate. Eggs are, too.

"There's something about their delicate nature that appeals to me," says New Yorker cartoonist Roz Chast. Several years ago, she became interested in eggs and learned the traditional Ukrainian technique to draw her very modern characters. "I've broken eggs at every stage of the process—from the very beginning to the very, very end."

But there's an appeal in that vulnerability. "There's part of this sickening horror of knowing you're walking on the edge with this, that I kind of like, knowing that it could all fall apart at any second." Chast's designs, such as a worried man alone in a tiny rowboat, reflect that delicateness.

Traditional Ukrainian decorated eggs also spoke to those fears. The elaborate patterns were believed to offer protection against evil.

"There's an ancient legend that as long as these eggs are made, evil will not prevail in the world," says Joan Brander, a Canadian egg-painter who has been painting eggs for over 60 years, having learned the art from her Ukrainian relatives.

The tradition, dating back to 300 B.C., was later incorporated into the Christian church. The old symbols, however, still endure. A decorated egg with a bird on it, given to a young married couple, is a wish for children. A decorated egg thrown into the field would be a wish for a good harvest.

51. Why do people in many cultures prize the egg?

- A) It is a welcome sign of the coming of spring.
- B) It is their major source of protein in winter.
- C) It can easily be made into a work of art.
- D) It can bring wealth and honor to them.

52. What do we learn about the decorated “eggs” in Russia?

- A) They are shaped like jewel cases.
- B) They are cherished by the rich.
- C) They are heavily painted in red.
- D) They are favored as a form of art.

53. Why have contemporary artists continued the egg art tradition?

- A) Eggs serve as an enduring symbol of new life.
- B) Eggs have an oval shape appealing to artists.
- C) Eggs reflect the anxieties of people today.
- D) Eggs provide a unique surface to paint on.

54. Why does Chast enjoy the process of decorating eggs?

- A) She never knows if the egg will break before the design is completed.
- B) She can add multiple details to the design to communicate her idea.
- C) She always derives great pleasure from designing something new.
- D) She is never sure what the final design will look like until the end.

55. What do we learn from the passage about egg-painting?

- A) It originated in the eastern part of Europe.
- B) It has a history of over two thousand years.
- C) It is the most time-honored form of fancy art.
- D) It is especially favored as a church decoration.

阅读答案：ADCAB

词汇拓展：

请将文中生词整理誊写至词汇拓展区

词汇拓展		
生词	文中搭配	中文释义
随写区		

TETX11

Shoppers in the UK are spending less money on toilet paper to save money, research has shown.

Penny-pinching UK consumers choose cheaper products from discounters such as Aldi and Lidl rather than luxury alternatives.

This has wiped 6% off the value of the soft tissue paper market in the UK. It has shrunk from £1.19 billion in 2011 to £1.12 billion in 2015, according to a new report from market research company Mintel. Furthermore, the future of the market looks far from rosy, with sales expected to fall further to £1.11 billion in 2016.

In the last year alone, despite an increase in the UK population and a subsequent rise in the number of households, sales of toilet paper fell by 2%, with the average household reducing their toilet roll spending from £43 in 2014 to £41 in 2015.

Overall, almost three in five people say they try to limit their usage of paper — including facial tissue and kitchen roll — to save money.

“Strength, softness and thickness remain the leading indicators of toilet paper quality, with just a small proportion of consumers preferring more luxurious alternatives, such as those with flower patterns of perfume, said Mintel analyst Jack Duckett. “These extra features are deemed unnecessary by the majority of shoppers, which probably reflects how these types of products are typically more expensive than regular toilet paper, even when on special offer.”

While consumers are spending less on toilet paper, they remain fussy—in theory at least—when it comes to paper quality. Top of Britons’ toilet paper wish list is softness (57%) followed by strength (45%) and thickness (36%).

One in 10 buyers rank toilet rolls made from recycled paper among their top considerations, highlighting how overall the environment is much less of a consideration for shoppers than product quality. In a challenge for manufacturers, 81% of paper product users said they would consider buying recycled toilet tissue if it were comparable in quality to standard paper.

46.The market sales of toilet paper have decreased because .

- A)Britons have cut their spending on it
- B)its prices have gone up over the years
- C)its quality has seen marked improvement
- D)Britons have developed the habit of saving

47.What does the author think of the future of the tissue paper market in the UK?

- A)It will expend in time.
- B)It will remain gloomy.
- C)It will experience ups and downs.
- D)It will recover as population grows.

48.What does Jack Duckett say about toilet paper?

- A)Special offers would promote its sales.
- B)Consumers are loyal to certain brands.
- C) Luxurious features add much to the price.
- D) Consumers have a variety to choose from.

49. What do we learn about Britons concerning toilet paper?

- A) They are particular about the quality of toilet paper.
- B) They emphasize the strength of toilet paper the most.
- C) They prefer cheap toilet paper to recycled toilet paper.
- D) They reject using toilet paper with unnecessary features.

50. What can we infer from the last paragraph?

- A) More and more Britons buy recycled toilet paper to protect the environment.
- B) Toilet paper manufacturers are facing a great challenge in promoting its sales.
- C) Toilet paper manufacturers compete with one another to improve product quality.
- D) Environmental protection is not much of a concern when Britons buy toilet paper.

TEXT12

“One of the reasons I find this topic very interesting is because my mom was a smoker when I was younger, ” says Lindson-Hawley, who studies tobacco and health at the University of Oxford.

By studying about 700 adult smokers, she found out that her mom quit the right way—by stopping abruptly and completely.

In her study, participants were randomly (随机地) assigned to two groups. One had to quit abruptly on a given day, going from about a pack a day to zero. The other cut down gradually over the course of two weeks. People in both groups used nicotine (尼古丁) patches before they quit, in addition to a second form of nicotine replacement, like gum or spray. They also had talk therapy with a nurse before and after quit day.

Six months out, more people who had quit abruptly had stuck with it—more than one-fifth of them, compared to about one-seventh in the other group. Although these numbers appear low, it is much higher than if people try without support.

And the quit rates were particularly convincing given that before the study started, most of the people had said they'd rather cut down gradually before quitting. “If you're training for a marathon, you wouldn't expect to turn up and just be able to run it. And I think people see that for smoking as well. They think, ‘ Well, if I gradually reduce, it's like practice , ’” says Lindson-Hawley. But that wasn't the case. Instead of giving people practice, the gradual reduction likely gave them cravings (瘾) and withdrawal symptoms before they even reached quit day, which could be why fewer people in that group actually made it to that point. “Regardless of your stated preference, if you're ready to quit, quitting abruptly is more effective,”says Dr. Gabriela Ferreira. “When you can quote a specific number like a fifth of the patients were able to quit, that's compelling. It gives them the encouragement, I think, to really go for it, ” Ferreira says.

People rarely manage to quit the first time they try. But at least, she says, they can maximize the odds of success.

51. What does Lindson-Hawley say about her mother?

A) She quit smoking with her daughter's help.

B) She succeeded in quitting smoking abruptly.

C) She was also a researcher of tobacco and health.

D) She studied the smoking patterns of adult smokers.

52. What kind of support did smokers receive to quit smoking in Lindson-Hawley's study?

A) They were given physical training.

B) They were looked after by physicians.

C) They were encouraged by psychologists.

D) They were offered nicotine replacements.

53. How does Dr. Gabriela Ferreira view the result of Lindson-Hawley's experiment?

A) It is idealized.

B) It is unexpected.

C) It is encouraging.

D) It is misleading.

54. The idea of "a marathon" (Line 2, Para. 5) illustrates the popular belief that quitting smoking

A) is something few can accomplish

B) needs some practice first

C) requires a lot of patience

D) is a challenge at the beginning

55. What happens when people try to quit smoking gradually?

A) They find it even more difficult.

B) They are simply unable to make it.

C) They show fewer withdrawal symptoms.

D) They feel much less pain in the process.

阅读答案：BDCBA

词汇拓展：

请将文中生词整理誊写至词汇拓展区

词汇拓展		
生词	文中搭配	中文释义
随写区		

TEXT13

Urbanization — migration away from the suburbs to the city center — will be the biggest real estate trend in 2015, according to a new report.

The report says America's urbanization will continue to be the most significant issue affecting the industry, as cities across the country imitate the walkability and transit-oriented development making cities like New York and San Francisco so successful.

As smaller cities copy the model of these "24-hour cities," more affordable versions of these places will be created. The report refers to this as the coming of the "18-hour city," and uses the term to refer to cities like Houston, Austin, Charlotte, and Nashville, which are "positioning themselves as highly competitive, in terms of livability, employment offerings, and recreational and cultural facilities."

Another trend that looks significant in 2015 is that America's largest population group, Millennials (千禧一代), will continue to put off buying a house. Apartments will retain their appeal for a while for Millennials, haunted by what happened to home-owning parents.

This trend will continue into the 2020s, the report projects. After that, survey respondents disagree over whether this generation will follow in their parents' footsteps, moving to the suburbs to raise families, or will choose to remain in the city center.

Another issue affecting real estate in the coming year will be America's failing infrastructure. Most roads, bridges, transit, water systems, the electric grid, and communications networks were installed 50 to 100 years ago, and they are largely taken for granted until they fail.

The report's writers state that America's failure to invest in infrastructure impacts not only the health of the real-estate market, but also our ability to remain globally competitive.

Apart from the specific trends highlighted above, which cause some investors to worry, the report portrays an overall optimism borne by the recent healthy real-estate "upcycle" and improving economy. Seventy-four percent of the respondents surveyed report a "good to excellent" expectation of real-estate profitability in 2015. While excessive optimism can promote bad investment patterns, resulting in a real-estate "bubble," the report's writers downplay that potential outcome in that it has not yet occurred.

46. According to the new report, real estate development in 2015 will witness_____.

- A) an accelerating speed
- B) a shift to city centers
- C) a new focus on small cities
- D) an ever-increasing demand

47. What characterizes “24-hour cities” like New York?

- A) People can live without private cars.
- B) People are generally more competitive.
- C) People can enjoy services around the clock.
- D) People are in harmony with the environment.

48. Why are Millennials reluctant to buy a house?

- A) They can only afford small apartments.
- B) The house prices are currently too high.
- C) Their parents' bad experience still haunts them.
- D) They feel attached to the suburban environment.

49. What might hinder real estate development in the U.S.?

- A) The continuing economic recession in the country.
- B) The lack of confidence on the part of investors.
- C) The fierce global competition.
- D) The worsening infrastructure.

50. How do most of the respondents in the survey feel about the U.S. real-estate market in 2015?

- A) Pessimistic.
- B) Hopeful.
- C) Cautious.
- D) Uncertain.

阅读答案：BACDB

词汇拓展：

请将文中生词整理誊写至词汇拓展区

词汇拓展		
生词	文中搭配	中文释义
随写区		

TEXT14

The brain is a seemingly endless library, whose shelves house our most precious memories as well as our lifetime's knowledge. But is there a point where it reaches capacity?

The answer is no, because brains are more sophisticated than that. Instead of just crowding in, old information is sometimes pushed out of the brain for new memories to form.

Previous behavioural studies have shown that learning new information can lead to forgetting. But in a new study, researchers demonstrated for the first time how this effect occurs in the brain.

In daily life, forgetting actually has clear advantages. Imagine, for instance, that you lost your bank card. The new card you receive will come with a new personal identification number (PIN). Each time you remember the new PIN, you gradually forget the old one. This process improves access to relevant information, without old memories interfering.

And most of us may sometimes feel the frustration of having old memories interfere with new, relevant memories. Consider trying to remember where you parked your car in the same car park you were at a week earlier. This type of memory (where you are trying to remember new, but similar information) is particularly vulnerable to interference.

When we acquire new information, the brain automatically tries to incorporate (合并) it within existing information by forming associations. And when we retrieve (检索) information, both the desired and associated but irrelevant information is recalled.,

The majority of previous research has focused on how we learn and remember new information. But current studies are beginning to place greater emphasis on the conditions under which we forget, as its importance begins to be more appreciated.

A very small number of people are able to remember almost every detail of their life. While it may sound like an advantage to many, people with this rare condition often find their unusual ability burdensome.

In a sense, forgetting is our brain's way of sorting memories, so the most relevant memories are ready for retrieval. Normal forgetting may even be a safety mechanism to ensure our brain doesn't become too full.

51. What have past behavioural studies found about our brain?

- A) Its capacity actually knows no limits.
- B) It grows sophisticated with practice.
- C) It keeps our most precious memories until life's end.
- D) New information learned pushes old information out.

52. What is the benefit of forgetting?

- A) It frees us from painful memories.
- B) It helps slow down our aging process.
- C) It facilitates our access to relevant information.
- D) It prevents old information from forming associations.

53. What is the emphasis of current studies of memory?

- A) When people tend to forget.
- B) What contributes to forgetting.
- C) How new technology hinders memory capacity.
- D) Why learning and forgetting are complementary.

54. What do people find about their rare ability to remember every detail of their life?

- A) It adds to the burden of their memory.
- B) It makes their life more complicated.
- C) It contributes to their success in life.
- D) It constitutes a rare object of envy.

55. What does the passage say about forgetting?

- A) It can enlarge our brain capacity.
- B) It helps get rid of negative memories.
- C) It is a way of organising our memories.
- D) It should not cause any alarm in any way.

阅读答案：DCBBC

词汇拓展：请将文中生词整理誊写至词汇拓展区

词汇拓展		
生词	文中搭配	中文释义
随写区		

TEXT15

That people often experience trouble sleeping in a different bed in unfamiliar surroundings is a phenomenon known as the “first-night” effect. If a person stays in the same room the following night they tend to sleep more soundly. Yuka Sasaki and her colleagues at Brown University set out to investigate the origins of this effect.

Dr. Sasaki knew the first-night effect probably has something to do with how humans evolved. The puzzle was what benefit would be gained from it when performance might be affected the following day. She also knew from previous work conducted on birds and dolphins that these animals put half of their brains to sleep at a time so that they can rest while remaining alert enough to avoid predators (捕食者). This led her to wonder if people might be doing the same thing. To take a closer look, her team studied 35 healthy people as they slept in the unfamiliar environment of the university’s Department of Psychological Sciences. The participants each slept in the department for two nights and were carefully monitored with techniques that looked at the activity of their brains. Dr. Sasaki found, as expected, the participants slept less well on their first night than they did on their second, taking more than twice as long to fall asleep and sleeping less overall. During deep sleep, the participants’ brains behaved in a similar manner seen in birds and dolphins. On the first night only, the left hemispheres (半球) of their brains did not sleep nearly as deeply as their right hemispheres did.

Curious if the left hemispheres were indeed remaining awake to process information detected in the surrounding environment, Dr. Sasaki re-ran the experiment while presenting the sleeping participants with a mix of regularly timed beeps (蜂鸣声) of the same tone and irregular beeps of a different tone during the night. She worked out that, if the left hemisphere was staying alert to keep guard in a strange environment, then it would react to the irregular beeps by stirring people from sleep and would ignore the regularly timed ones. This is precisely what she found.

46. What did researchers find puzzling about the first-night effect?

- A) To what extent it can trouble people.
- C) What circumstances may trigger it.
- B) What role it has played in evolution.
- D) In what way it can be beneficial.

47. What do we learn about Dr. Yuka Sasaki doing her research?

- A) She found birds and dolphins remain alert while asleep.
- B) She found birds and dolphins sleep in much the same way.
- C) She got some idea from previous studies on birds and dolphins
- D) She conducted studies on birds' and dolphins' sleeping patterns.

48. What did Dr. Sasaki do when she first did her experiment?

- A) She monitored the brain activity of participants sleeping in a new environment.
- B) She recruited 35 participants from her Department of Psychological Sciences.
- C) She studied the differences between the two sides of participants' brains.
- D) She tested her findings about birds and dolphins on human subjects.

49. What did Dr. Sasaki do when re-running her experiment?

- A) She analyzed the negative effect of irregular tones on brains.
- B) She recorded participants' adaptation to changed environment.
- C) She exposed her participants to two different stimuli.
- D) She compared the responses of different participants.

50. What did Dr. Sasaki find about the participants in her experiment?

- A) They tended to enjoy certain tones more than others.
- B) They tended to perceive irregular beeps as a threat.
- C) They felt sleepy when exposed to regular beeps.
- D) They differed in their tolerance of irregular tones.

阅读答案：DCACB

词汇拓展：请将文中生词整理誊写至词汇拓展区

词汇拓展		
生词	文中搭配	中文释义
随写区		

TEXT16

It's time to reevaluate how women handle conflict at work. Being overworked or over-committed at home and on the job will not get you where you want to be in life. It will only slow you down and hinder your career goals.

Did you know women are more likely than men to feel exhausted? Nearly twice as many women than men ages 18-44 reported feeling "very tired" or "exhausted", according to a recent study.

This may not be surprising given that this is the age range when women have children. It's also the age range when many women are trying to balance careers and home. One reason women may feel exhausted is that they have a hard time saying "no." Women want to be able to do it all volunteer for school parties or cook delicious meals-and so their answer to any request is often "Yes, I can."

Women struggle to say "no" in the workplace for similar reasons, including the desire to be liked by their colleagues. Unfortunately, this inability to say "no" may be hurting women's health as well as their career.

At the workplace, men use conflict as a way to position themselves, while women often avoid conflict or strive to be the peacemaker, because they don't want to be viewed as aggressive or disruptive at work. For example, there's a problem that needs to be addressed immediately, resulting in a dispute over should be the one to fix it. Men are more likely to face that dispute from the perspective of what benefits them most, whereas women may approach the same dispute from the perspective of what's the easiest and quickest way to resolve the problem-even if that means doing the boring work themselves.

This difference in handling conflict could be the deciding factor on who gets promoted to a leadership position and who does not. Leaders have to be able to delegate and manage resources wisely – including staff expertise. Shouldering more of the workload may not earn you that promotion. Instead, it may highlight your inability to delegate effectively.

51. What does the author say is the problem with women?

- A) They are often unclear about the career goals to reach.
- B) They are usually more committed at home than on the job.
- C) They tend to be over-optimistic about how far they could go.
- D) They tend to push themselves beyond the limits of their ability.

52. Why do working women of child-bearing age tend to feel drained of energy?

- A) They struggle to satisfy the demands of both work and home.
- B) They are too devoted to work and unable to relax as a result.
- C) They do their best to cooperate with their workmates.
- D) They are obliged to take up too many responsibilities.

53. What may hinder the future prospects of career women?

- A) Their unwillingness to say “no” .
- B) Their desire to be considered powerful.
- C) An underestimate of their own ability.
- D) A lack of courage to face challenges.

54. Men and woman differ in their approach to resolving workplace conflicts in that_____.

- A) women tend to be easily satisfied
- B) men are generally more persuasive
- C) men tend to put their personal interests first
- D) women are much more ready to

compromise

55. What is important to a good leader?

- A) A dominant personality.
- B) The ability to delegate.
- C) The courage to admit failure
- D) A strong sense of responsibility.

阅读答案：DAACB

词汇拓展：请将文中生词整理誊写至词汇拓展区

词汇拓展		
生词	文中搭配	中文释义
随写区		

长篇阅读方法

From Accountant to Yogi: Making a Radical Career Change

[A] At some point, almost all of us will experience a period of radical professional change. Some of us will seek it out; for others it will feel like an unwelcome intrusion into otherwise stable careers. Either way, we have choices about how we respond to it when it comes.

[B] We recently caught up with yoga entrepreneur Leah Zaccaria, who put herself through the fire of change to completely reinvent herself. In her search to live a life of purpose, Leah left her high-paying accounting job, her husband, and her home, hi the process, she built a radically new life and career. Since then, she has founded two yoga studios, met a new life partner, and formed a new community of people. Even if your personal reinvention is less drastic, we think there are lessons from her experience that apply.

[C] Where do the seeds of change come from? the Native American Indians have a saying: “Pay attention to the whispers so you won’t have to hear the screams.” Often the best ideas for big changes come from unexpected places — it’s just a matter of tuning in. Great leaders recognize the weak signals or slight signs that point to big changes to come. Leah reflects on a time she listened to the whispers: “About the time my daughter was five years old. I started having a sense that ‘this isn’t right.’” She then realized that her life no longer matched her vision for it.

[D] Up until that point, Leah had followed traditional measures of success. After graduating with a degree in business and accounting, she joined a public accounting firm, married, bought a house, put lots of stuff in it, and had a baby. “I did what everybody else thought looked successful,” she says. Leah easily could have fallen into a trap of feeling content; instead, her energy sparked a period of experimentation and renewal.

[E] Feeling the need to change, Leah started playing with future possibilities by exploring her interests and developing new capabilities. First trying physical exercise

and dieting, she lost some weight and discovered an inner strength. “I felt powerful because I broke through my own limitations,” she recalls.

[F] However, it was another interest that led Leah to radically reinvent herself. “I remember sitting on a bench with my aunt at a yoga studio,” she said, having a moment of clarity right then and there: Yoga is saving my life. Yoga is waking me up. I’m not happy and I want to change and I’m done with this.” In that moment of clarity Leah made an important leap, conquering her inner resistance to change and making a firm commitment to take bigger steps.

[G] Creating the future you want is a lot easier if you are ready to exploit the opportunities that come your way. When Leah made the commitment to change, she primed herself to new opportunities she may otherwise have overlooked. She recalls:

[H] One day a man I worked with, Ryan, who had his office next to mine, said, “Leah, let’s go look at this space on Queen Anne.” He knew my love for yoga and had seen a space close to where he lived that he thought might be good to serve as a yoga studio. As soon as I saw the location, I knew this was it. Of course I was scared, yet I had this strong sense of “I have to do this.” Only a few months later Leah opened her first yoga studio, but success was not instant.

[I] Creating the future takes time. That’s why leaders continue to manage the present while building toward the big changes of the future. When it’s time to make the leap, they take action and immediately drop what’s no longer serving their purpose. Initially Leah stayed with her accounting job while starting up the yoga studio to make it all work.

[J] Soon after, she knew she had to make a bold move to fully commit to her new future. Within two years, Leah shed the safety of her accounting job and made the

switch complete. Such drastic change is not easy.

[K] Steering through change and facing obstacles brings us face to face with our fears. Leah reflects on one incident that triggered her fears, when her investors threatened to shut her down: “I was probably up against the most fear I’ve ever had, ” she says. “I had spent two years cultivating this community, and it had become successful very fast, but within six months I was facing the prospect of losing it all.”

[L] She connected with her sense of purpose and dug deep, cultivating a tremendous sense of strength. “I was feeling so intentional and strong that I wasn’t going to let fear just take over. I was thinking, ‘OK, guys, if you want to try to shut me down, shut me down.’ And I knew it was a negotiation scheme, so I was able to say to myself, ‘This is not real.’” By naming her fears and facing them head-on, Leah gained confidence. For most of us, letting go of the safety and security of the past gives us great fear. Calling out our fears explicitly, as Leah did, can help us act decisively.

[M] The cycle of renewal never ends. Leah’s growth spurred her to open her second studio—and it wasn’t for the money.

[N] I have no desire to make millions of dollars. It’s not about that; it’s about growth for me. Honestly, I didn’t need to open a second studio. I was making as much money as I was as an accountant. But I know if you don’t grow, you stand still, and that doesn’t work for me.

[O] Consider the current moment in your own life, your team or your organization. Where are you in the cycle of renewal: Are you actively preserving the present, or selectively forgetting the past, or boldly creating the future? What advice would Leah give you to move you ahead on your journey? Once we’re on the path of growth, we can continually move through the seasons of transformation and renewal.

36. Readiness to take advantage of new opportunities will make it easier to create one's desired future.
37. By conventional standards, Leah was a typical successful woman before she changed her career.
38. Leah gained confidence by laying out her fears and confronting them directly.
39. In search of a meaningful life, Leah gave up what she had and set up her own yoga studios.
- 40 Leah's interest in yoga prompted her to make a firm decision to reshape her life.
41. Small signs may indicate great changes to come and therefore merit attention.
42. Leah's first yoga studio was by no means an immediate success.
43. Some people regard professional change as an unpleasant experience that disturbs their stable careers.
44. The worst fear Leah ever had was the prospect of losing her yoga business.
45. As she explored new interests and developed new potentials, Leah felt powerful internally.

TEXT31

How to determine if a company is a good fit for you

A) On paper, the job seemed perfect for me: The position was completely in line with my degree, the duties and responsibilities were compatible with my interests, and the office maintained a well-stocked kitchen that would satisfy my every snack desire.

B) Sounds like my dream job, right? There was only one small problem: I simply didn't get along with the company culture. They favored a more rigid, closed-door, corporate atmosphere, while I would have preferred something more collaborative and open. They were complete clock watchers, while I would have liked a more flexible schedule. To put it plainly, we just weren't on the same page.

C) When it comes to looking for a new job, you already know that a big part of the interview process involves the company evaluating whether or not you're a good fit for their open role. But, it's important to keep in mind that the employer isn't the only one who needs to identify a good match—you should be looking for that same exact thing. Company culture can have a big impact on how you feel about your work, so you want to make sure you sign an offer letter with an organization you're truly excited about.

D) However, figuring out what a company is like before you actually work there can be a bit of a challenge. Luckily, there are a few things you can do to determine whether or not a company is a good fit for you—before you ever sign your name on that dotted line.

E) First of all, know what you want. It's hard to make any decisions when you don't really know what you're looking for. So before you can determine whether you and a specific company would be compatible together, it's important to have a solid handle on what exactly you want

from your employer. Many of us have an easier time identifying the things that we absolutely don't want. If those are the only things you can think of, don't worry! That's still a good place to start.

F) Start by writing down the things you didn't like about previous employers, as well as the parts you really valued. There's no wrong answer here—so from big things to small details, write them all down on your list. This will help you immediately identify what you're looking for in an organization, as well as the things you're trying to stay far, far away from.

G) Make sure to do your research. Now comes the part when you put on your detective hat and do a little digging. The Internet will be your best friend when you're trying to familiarize yourself with a company's culture before ever walking through their office doors. And where exactly should you look for these culture clues? Start with the most obvious place first: the company's website. Read through their copy and blog. Do they use formal, direct language? Or is it casual, conversational, and maybe even a little humorous? This can be a big indicator of what sort of atmosphere the company is trying to cultivate.

H) Next, turn your attention toward their social media outlets. Are they sharing photos of their team's Thursday afternoon barbecue or Halloween costume contest? Or are their social media accounts strictly reserved for company-related announcements and product launches?

I) An industry review website like Glassdoor is another spot to check in order to find some insider information about what you can expect about a company. However, remember to take the reviews you read with a grain of salt—many of them are written by scorned(被鄙视的)employees.

J) Finally, you can never fail with personal connections. Send a quick message to a current or previous company employee on

Linked In or by email and ask if they would be willing to have a quick conversation with you about the organization in general. If you get a yes to your request for a chat, you'll be armed with some pretty powerful and helpful information heading into your interview!

K) Learn more by asking questions. You know that part at the end of a job interview when the hiring manager asks if you have any questions, and you just stare across the table blankly with your mouth hanging open? That's the perfect opportunity to speak up and get your burning company culture questions answered! So yes, you can definitely ask your interviewer about what it's like to work for that particular organization. Simple questions like, "What three words would you use to describe the culture here?" or "What's your favorite part about working for this company?" can reveal a lot about what it's really like behind closed doors.

L) Prioritize your values. What does my dream company culture look like? Well, I could come and go as I please, as long as I was getting the work done. My boss would genuinely listen to and value all of my ideas and suggestions. My co-workers would all be friendly with one another, without ever falling into the office gossip trap. The kitchen would have endless options of pizza and cookies. Oh, and they'd give me two months of paid vacation with a very generous salary.

M) What are my chances of finding all of those things with one employer? Slim to none—believe me, I've looked. This is why it's so important to know which aspects of a company's culture you value most. Is it an open communication style or a flexible schedule? Focus on the top spots on your priority list, and ensure a potential employer at least checks those boxes. Unfortunately, this is reality, you can't have everything you want but a few are certainly

achievable.

N) When you're hunting for a new job, you already know that the employer is trying to decide whether or not you're a good fit for the position. But you should also look at the process through a similar lens. You may not be the one conducting the actual interview, but you're still trying to determine whether or not the company is a good fit for you.

O) Keep these tips in mind to figure out whether you and a potential employer are a perfect match or just a recipe(方案) for disaster. After all, it's a good thing to know before actually accepting an offer.

36.Clues about the culture of a company can be found on its website.

37.It can be difficult to know the real situation in a company until you become part of it.

38.It is impossible for a job applicant to have every expectation met.

39.Simply by reading its description, the author found the job offered ideal.

40.Job applicants are advised to make a written list of their likes and dislikes in their previous employment.

41.At the end of an interview, a job applicant should seize the opportunity to get answers to their urgent questions.

42.To begin with, job applicants should be clear what they expect from their future employer.

43. Job applicants should read with a critical eye what is written about a company on the website.

44. Job satisfaction has a lot to do with company culture.

45.A chat with an insider of a company can give job applicants very useful information when they prepare for an interview.

第二篇 阅读答案: G D M A F K E I C J

第三篇 **There's a stress gap between men and women**

A) "I used to work very hard. I love to create things, grow them and solve problems," said Meng Li, a successful app developer in San Francisco. "I didn't really care about my mind and my body until they decided to go on strike."

B) Ms. Li said her stress led to sleeplessness. When she did sleep, she experienced "problem-solving dreams," which left her feeling unrested when she woke up. "After I became a first-time mother, I quickly realized I was so busy caring for other people and work that I felt like I'd lost myself," she said.

C) It's a common story—one we frequently ridicule and readily dismiss, for example, by claiming that women tend to complain more than men, despite the growing sum of research that underlines the problem. Women are twice as likely to suffer from severe stress and anxiety as men, according to a 2016 study published in *The Journal of Brain & Behavior*. The American Psychological Association reports a gender gap year after year showing that women consistently report higher stress levels. Clearly, a stress gap exists.

D) "The difference is not really news to me, as a clinical psychologist," said Erin Joyce, a women and couples therapist in Los Angeles. "It's been well documented in extensive research over the years that prevalence rates for the majority of the anxiety disorders are higher in women than men." Some people may argue that this is merely reported data, and they say many men feel the same pressures as women in terms of fulfilling responsibilities at work and home. In other words, we're all really, really stressed.

E) "The difference, however, is in the nature and scope of these responsibilities in the home environment in particular," Dr. Joyce said.

For example, the United Nations reported that women do nearly three times as much unpaid domestic work as men. The problem is, housework is often overlooked as work, even though it is often as laborious (or in some cases, more so) as any paid job. As the scholar Silvia Federici put it in 1975, the unpaid nature of domestic work reinforces the assumption that "housework is not work, thus preventing women from struggling against it."

F) It's not just inside the home, though. Research from Nova Southeastern University found that female managers were more likely than male managers to display "surface acting," or forcing emotions that are not wholly felt. "They expressed optimism, calmness and sympathy even when these were not the emotions that they were actually feeling," the study said.

G) Surface acting is a prime example of "emotional labor," a concept that the writer Jess Zimmerman made familiar in a 2015 essay. The essay sparked a massive thread on the internet community blog Meta Filter. Hundreds of women spoke up about their own experience with emotional labor; the duties that are expected of them, but go unnoticed. These invisible duties become apparent only when you don't do them. Like domestic labor, emotional labor is generally dismissed and not labeled work. But research shows it can be just as exhausting as paid work. Emotional labor can lead to difficulty in sleeping and family conflict. Sure, circumstantial stress, like losing a job, may lead to these same issues. But emotional labor is not circumstantial. It's an enduring responsibility based on the socialized gender role of women.

H) Like Ms. Li, many women try to manage the added stress to reach what Dr. Joyce said was an unattainable ideal. "Some professional women aim to do it all. They want to reach the top of the corporate ladder and fly like supermom," she said. When women don't reach this ideal, they feel guilty; and even more stressed. After her own struggle with this, Ms. Li took a step back and used her experience to build Sanity & Self, a

self-care app and platform for overworked women. "The realizations I had in that process helped me gain insights and ultimately got me ready to integrate selfcare into my daily life," she said.

I) The stress problem extends beyond mental health when you consider the link between stress, anxiety and heart health. Worse, most of what we know about heart disease comes from studies involving men. However, "there are many reasons to think that it's different in women," Harvard Medical School reported. For example, women are more likely to experience disturbed sleep, anxiety and unusual fatigue before a heart attack. Stress is so normalized that it is easy for women to shrug off those symptoms as simply the consequences of stress. Many women also do not experience chest pain before a heart attack the way men do, which leads to fewer women discovering problematic heart issues. Harvard reports that women are "much more likely than men to die within a year of having a heart attack" and "many women say their physicians sometimes don't even recognize the symptoms."

J) The good news is, women are more likely than men to take charge of their stress and manage it, the American Psychological Association reports. The concept of self-care, at its core, is quite simple. "The basics of adequate sleep, healthy diet and exercise are a good place to start," Dr. Joyce said. "Support from trusted relationships is vital. This includes professional support from various health and wellness providers if stress is becoming increasingly overwhelming."

K) Disconnecting from work and home responsibilities is also obviously important. But it's much easier said than done. It is important to understand what causes your stress in the first place. "Get really specific with what's stressing you out," Ms. Li said. "We often chalk up our stress to broad experiences like work. But work stress can take many different forms. Is a colleague being disrespectful of your time? Is a boss undermining your day-to-day control over decision making? These are different causes of stress and can benefit from different kinds of

self-care."

L) Ideally, your spouse or partner will be supportive, rather than dismissive, of your stress. It is important to talk through these issues before they come to a head. "Women working outside of the home should make an effort to have a conscious conversation with their partners about more equitable sharing of household and family responsibilities," Dr. Joyce said.

36. Some career women who aim high tend to feel guilty if they fail to achieve their goals.

37. The unpaid housework done by women is triple that done by men.

38. It is reported that women consistently suffer more from severe stress than men.

39. Women are advised to identify the specific causes of their stress so that steps can be taken to deal with it.

40. One study showed that women managers often expressed positive emotions that they didn't really feel.

41. Women tend to mistake signs of heart attacks for symptoms of stress.

42. For a time an app developer in America was so busy attending to work and family that she suffered from sleeplessness.

43. The emotional labor women do is noticed only when it is not done.

44. Dr. Joyce suggests that apart from self-care, women should seek professional support if they experience severe stress

45. Some people believe that there may not exist a stress gap between men and women.

阅读答案: **HECKJFI BGJD**

选词填空冲刺 1 答案见最后一页

The center of American automobile innovation has in the past decade moved 2,000 miles away. It has 26 from Detroit to Silicon Valley, where self-driving vehicles are coming into life.

In a 27 to take production back to Detroit, Michigan lawmakers have introduced 28 that could make their state the best place in the country, if not the world, to develop self-driving vehicles and put them on the road.

“Michigan’s 29 in auto research and development is under attack from several states and countries which desire to 30 our leadership in transportation. We can’t let happen,” says Senator Mike Kowall, the lead 31 of four bills recently introduced.

If all four bills pass as written, they would 32 a substantial update of Michigan’s 2013 law that allowed the testing of self-driving vehicles in limited conditions. Manufacturer would have nearly total freedom to test their self-driving technology on public roads. They would be allowed to send groups of self-driving cars on cross-state road trips, and even set on-demand 33 of self-driving cars, like the one General Motors and Lyft are building.

Lawmakers in Michigan clearly want to make the state ready for the commercial application of self-driving technology. In 34, California, home of Silicon Valley, recently proposed far more 35 rules that would require human drivers be ready to take the wheel, and commercial use of self-driving technology.

- | | |
|----------------|----------------|
| A) bid | I) replace |
| B) contrast | J) represent |
| C) deputy | k) restrictive |
| D) dominance | L) reward |
| E) fleets | M) significant |
| F) knots | N) sponsor |
| G) legislation | O) transmitted |
| H) migrated | |

选词填空冲刺 2 答案见最后一页

Just because they can't sing opera or ride a bicycle doesn't mean that animals don't have culture. There's no better example of this than killer whales. As one of the most __26__ predators (食肉动物), killer whales may not fit the __27__ of a cultured creature. However, these beasts of the sea do display a vast range of highly __28__ behaviors that appear to be driving their genetic development.

The word "culture" comes from the Latin "colere," which __29__ means "to cultivate." In other words, it refers to anything that is __30__ or learnt, rather than instinctive or natural. Among human populations, culture not only affects the way we live, but also writes itself into our genes, affecting who we are. For instance, having spent many generations hunting the fat marine mammals of the Arctic, the Eskimos of Greenland have developed certain genetic __31__ that help them digest and utilize this fat-rich diet, thereby allowing them to __32__ in their cold climate.

Like humans, killer whales have colonized a range of different __33__ across the globe, occupying every ocean basin on the planet, with an empire that __34__ from pole to pole. As such, different populations of killer whales have had to learn different hunting techniques in order to gain the upper hand over their local prey (猎物). This, in turn, has a major effect on their diet, leading scientists to __35__ that the ability to learn population-specific hunting methods could be driving the animals' genetic development.

- | | |
|-----------------|--------------|
| A) acquired | I) image |
| B) adaptations | J) literally |
| C) brutal | K) refined |
| D) deliberately | L) revolves |
| E) expressed | M) speculate |
| F) extends | N) structure |
| G) habitats | O) thrive |
| H) humble | |

Questions 26 to 35 are based on the following passage. 答案见最后一页

When travelling overseas, do you buy water in plastic bottles or take your chances with tap water? Imagine you are wandering about on a Thai island or 26 the ruins of Angkor. It's hot so you grab a bottle of water from a local vendor. It's the safe thing to do, right? The bottle is 27, and the label says "pure water". But maybe what's inside is not so 28. Would you still be drinking it if you knew that more than 90 percent of all bottled water sold around the world 29 microplastics?

That's the conclusion of a recently 30 study, which analysed 259 bottles from 11 brands sold in nine countries, 31 an average of 325 plastic particles per litre of water. These microplastics included a 32 commonly known as PET and widely used in the manufacture of clothing and food and 33 containers. The study was conducted at the State University of New York on behalf of Orb Media, a journalism organisation. About a million bottles are bought every minute, not only by thirsty tourists but also by many of the 2.1 billion worldwide who live with unsafe drinking water.

Confronted with this 34, several bottled-water manufacturers including Nestle and Coca-Cola undertook their own studies using the same methodology. These studies showed that their water did contain microplastics, but far less than the Orb study suggested. Regardless, the World Health Organisation has launched a review into the 35 health risks of drinking water from plastic bottles.

A) adequate	I) natural
B) admiring	J) potential
C) contains	K) released
D) defending	L) revealing
E) evidence	M) sealed
F) instant	N) solves
G) liquid	O) substance
H) modified	

26.H 27.A 28.G 29.D 30.I 31.N 32.J 33.E 34.B 35.K

26. C 27.I 28.K 29.J 30.A 31.B 32.O 33.G 34.F 35.M

26.B 27.M 28.I 29.C 30.K 31.L 32.O 33.G 34.E 35.J

我是瑞斯拜版权所有